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BIDANG ILMU KESEHATAN BIDANG KAJIAN ILMU KEDOKTERAN

STUDI EPIDEMIOLOGI DAN DETEKSI DINI KEJADIAN DIABETES MELLITUS TIPE 2 DI KECAMATAN TEMPE KABUPATEN WAJO, INDONESIA

Epidemiology Study and Early Detection DM type 2 in Wajo District South Sulawesi, Indonesia

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ABSTRAK

Prevalensi Diabetes Mellitus Tipe 2 semakin meningkat pada populasi di seluruh dunia. Penelitian ini bertujuan untuk menganalisis hubungan faktor risiko dan deteksi dini kejadian Diabetes Mellitus Tipe 2 di Kecamatan Tempe Kabupaten Wajo. Desain penelitian ini adalah cross sectional study. Besar sampel pada penelitian ini yaitu 300 responden dengan syarat sampel. Data dianalisis dengan menggunakan uji statistik bivariat chi square dan multivariat dengan regresi logistik. Pengumpulan data dilakukan melalui wawancara, pengambilan kadar gula darah dan pengukuran antropometri. Hasil penelitian menunjukkan obesitas sentral ($p=0,000$), konsumsi sayur dan buah ($p=0,000$), aktifitas fisik ($p=0,033$), merokok ($p=0,000$) dan stres ($p=0,021$) berhubungan dengan kejadian Diabetes Mellitus.

Hasil uji multivariat logistik regresi menunjukkan bahwa obesitas sentral merupakan faktor yang paling berpengaruh terhadap kejadian Diabetes Mellitus Tipe 2 ($p=0,000$). Nilai validitas deteksi dini dengan menggunakan skor modifikasi AUSDRISK dibandingkan kadar gula darah sewaktu sebagai gold standard, yaitu sensitifitas 93,46% dan spesifisitas 70,98%. Penelitian ini membuktikan bahwa faktor risiko (obesitas sentral, konsumsi sayur dan buah, merokok dan stres) berhubungan dengan kejadian DM Tipe 2

Kata Kunci : *faktor risiko, deteksi dini, DM tipe 2.*

EPIDEMIOLOGY STUDY AND EARLY DETECTION DM TYPE 2 IN WAJO DISTRICT SOUTH SULAWESI, INDONESIA

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ABSTRACT

***The prevalence of type 2 diabetes** is increasing in all populations worldwide. The research aimed to analyze the relationship between risk factors and early detection of the Type 2 Diabetes mellitus.*

***Method** this study was a cross sectional study. Samples in the research were 300 samples from eligible population. Data collection was carried out through interviews, antropometry measurement and uptake of blood sugar levels. The data were analyzed by using a chi square test and multivariate analysis with the logistic regression test with Alfa 5%.*

***The result** showed that variable central obesity ($p=0,000$), vegetable and fruit consumption ($p=0,000$), physical activities ($p=0,033$), smoking ($p=0,000$) and stress ($p=0,021$) have the relationship with the occurrence of Type 2 Diabetes mellitus. Multivariate logistic regression tests showed that the consumption of vegetable and fruit is the most influential factors on the occurrence of Type 2 Diabetes mellitus ($p=0,000$). The valid value of early detection using Modified AUSDRISK score compared plasma glucose as the gold standard found that the sensitivity of 93,46% and specificity of 70,98%. This study has proven that the risk factors (central obesity, fruit and vegetable consumption, smoking and stress) associated with the incidence of type 2 Diabetes Mellitus significantly.*

***Recommendation** study expected that policy makers develop diabetes control programs, especially in high- risk populations. Its need to manage of weight and improving of vegetables and fruit consumption. And for communities to control blood glucose regularly.*

Keywords: Risk factors, early detection, Type 2 DM.